



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 11008, Artichokes, (globe or french), cooked, boiled, drained, without salt

Report Date: July 04, 2017 19:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	84.08	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Energy	kcal	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Energy	kJ	220	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein ¹	g	2.89	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Total lipid (fat) ¹	g	0.34	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Ash ¹	g	0.74	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Carbohydrate, by difference	g	11.95	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Fiber, total dietary	g	5.7	--	--	--	--	--	--	--	--	Calculated or imputed	11007	08/2015
Sugars, total ¹	g	0.99	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Sucrose ¹	g	0.73	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.24	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fructose ¹	g	0.02	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Lactose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Maltose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Galactose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Starch ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Minerals													
Calcium, Ca ¹	mg	21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Iron, Fe ¹	mg	0.61	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Magnesium, Mg ¹	mg	42	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Phosphorus, P ¹	mg	73	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1	mg	286	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Sodium, Na 1	mg	60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Zinc, Zn 1	mg	0.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Copper, Cu 1	mg	0.127	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Manganese, Mn 1	mg	0.225	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Selenium, Se 1	µg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Vitamins													
Vitamin C, total ascorbic acid 1	mg	7.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Thiamin 1	mg	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Riboflavin 1	mg	0.089	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Niacin 1	mg	1.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.240	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Vitamin B-6 ¹	mg	0.081	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Folate, total ¹	μg	89	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	89	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Folate, DFE	μg	89	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total ¹	mg	34.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Betaine ¹	mg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1	µg	8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Carotene, alpha 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cryptoxanthin, beta 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin A, IU	IU	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Lycopene 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lutein + zeaxanthin 1	µg	464	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1	µg	14.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lipids													
Fatty acids, total saturated	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
12:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
14:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
16:0	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total monounsaturated	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2015
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total polyunsaturated	g	0.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2015
18:2 undifferentiated	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:3 undifferentiated	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	08/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Flavonoids													
Proanthocyanidin													
Proanthocyanidin dimers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5h, 2001 Beltsville MD

²Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521